

# Yes, You Can!

Empower yourself with your Employee Assistance Program. Our counseling, self-improvement tools and solutions for everyday issues can help you reach your goals, no matter what they may be. The services are free, confidential and available all day, every day to you and your household members.

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## Be your best.

Call: 800-808-2261 | TTY: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

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